Another workout

Today's workout:

Beginners

Warm Up - Mobility
A1. 5 min Joint Mobility
A2. Wrists Routine X 1 set
A3. Shoulder ROM and Stabilization routine X 1 set
A4. Ido's Squat Clinic Routine X 1 set
A5. Scapula Mobilization Routine X 1 set

Equilibre
B1. Handstand Body Line Wall Drill X 10-20 sec X 3 sets / 45-60 sec of rest

Floreio
C1. QDR Rotational Push Ups -Beginner variation X 10-14 reps / 3 sets / 60 sec of rest
D1. Rotations into High Bridge X 10 reps / 3 sets / 60 sec rest
or
D1. High Bridge hold - total time 30 sec
D2. Rotations Into Arch Using The Wall X 10 reps / perform 3 sets of d1-d2 resting 60 sec after D2 only
E1. Corta Capim Spin X 14 reps / 3 sets / 60 sec of rest

Conditioning
F1. NDA Lateral Push Ups side to side X 20/18/16 reps
Rest 60 seconds between sets

Prehab
F1. Shoulder ROM and Stabilization routine X 1 set
F2. Scapula Mobilization Routine X 1 set
Complete 2 subsequent supersets of F1-F2 no rest

Intermediates

Warm Up - Mobility
A1. 5 min Joint Mobility
A2. Wrists Routine X 1 set
A3. Shoulder ROM and Stabilization routine X 1 set
A4. Ido's Squat Clinic Routine X 1 set
A5. Scapula Mobilization Routine X 1 set

Equilibre
B1. Handstand Body Line Wall Drill X 20-30 sec X 3 sets / 45-60 sec of rest

Floreio
C1. QDR Rotational Push Ups -Beginner variation or QDR Rotational Push Ups -Advanced variation X 10-14 reps / 3 sets / 60 sec of rest
D1. Rotations into High Bridge or Rotation Into High Bridge to Head to QDR Exit X 10 reps / 3 sets / 60 sec rest
E1. Corta Capim Spin X 14 reps / 3 sets / 45 sec of rest

Conditioning
F1. NDA Lateral Push Ups side to side X 20 reps
Perform 3 sets resting 45 seconds between sets

Prehab
F1. Shoulder ROM and Stabilization routine X 1 set
F2. Scapula Mobilization Routine X 1 set
Complete 2 subsequent supersets of F1-F2 no rest

Advanced

Warm Up - Mobility
A1. 5 min Joint Mobility
A2. Wrists Routine X 1 set
A3. Shoulder ROM and Stabilization routine X 1 set
A4. Ido's Squat Clinic Routine X 1 set
A5. Scapula Mobilization Routine X 1 set

Equilibre
B1. Handstand Body Line Wall Drill X 30 sec
B2. Handstand Straighten Into Line X 45 sec total work
Complete 2 cycles of B1-B2, resting 60 sec between exercises

Floreio
C1. QDR Circles X 10 reps per side / 3 sets / 60 sec of rest
D1. Rotation Into High Bridge to QDR Exit X 10 reps / 3 sets / 60 sec
E1. Corta Capim Spin X 14 reps / 3 sets / 45 sec of rest

Conditioning
F1. D1. NDA Lateral One Arm Push Ups side to side X 10/8/6/4/2 reps
Rest 60/45/30/15 seconds between sets

Prehab
F1. Shoulder ROM and Stabilization routine X 1 set
F2. Scapula Mobilization Routine X 1 set
Complete 2 subsequent supersets of F1-F2 no rest